

A Guide on How to Select the Right Sheets

The world of sheets is one filled with many options of plush fabrics and a variety of differing thread counts, weaves and styles to choose from. So how can you make sure that you are selecting the right sheets for your bedding? How can you make sure your quality matches your budget and your aesthetic alike, without breaking the bank? A1 American's guide on how to select the right sheets breaks down all of the factors you should consider and know before purchasing your bed sheets. We know that with so many choices out there, that it may become more complicated than simply selecting any pair of fairly priced fitted sheets to do the job- there are more details to know and take into account first. Before selecting your ideal bedding sheets, you should consider the thread count(s), weave, mattress size and bedding aesthetic you envision. A1 American will do our part in the price to help you find the exact sheets you are looking for, so whether it is light breathable sheets to keep you cool and insulated or soft and cozy sheets to fortify an incredible night's sleep, we have a selection of what you need, available for immediate purchase on our website today.



When considering the right pair of sheets to purchase for your bed, you should keep in mind that the material of the sheet blends can actually have a significant impact on the quality of your sleep. For instance, some fabrics have been reported to be scratchier to the feel than others, such as woolen sheets, whereas silk sheets can lull you into a more peaceful slumber. When it comes down to selecting the right sheet fabrics, there are 4 popular fabrics that are known for the comfort and durability that they provide:

- **Percale Sheets** are manufactured most commonly from organic cotton threads and woven into a tight and snug pattern, but can also be woven from other fibers, including Polyester, Rayon & Microfiber. Percale sheets are especially popular among people due to their soft, durable and breathable qualities as well as the light feeling that they provide against skin contact. *Tip: Check out A1 American's Golden Suite T-250 Percale Sheets as a good cost efficient alternative for sateen sheets.*

- **Sateen Sheets** are also woven from many different fabrics but are typically woven with cotton threads, creating a smooth and luxurious touch to your sleeping experience. Some of Sateen sheet benefits include a wrinkle-resistance design, a very soft and a smooth feel. A bonus to note about these sheets is that they get even softer the more you sleep you get in. 📌 *Tip: Check out A1 American's Golden Suite T-250 Sateen Sheets as a good cost efficient alternative for sateen sheets.*
- **Flannel Sheets** are best known for the cozy comfort that they provide during the colder seasons and temperatures, as they keep you toasty and warm throughout the chilly night. These sheets are generally on the thicker end and can still provide comfort and durability as well as warmth throughout the night without causing you to overheat.
- **Tencel Fiber Sheets** which are relatively new to the world of sheets and bedding are woven from a material sourced with natural fibers, resulting in a lightweight, breathable, crisp and sustainable sheeting option. These sheets are especially popular for people who get especially hot throughout the night and need sheets that allow for maximum airflow, as to keep the balance in temperature.

Understanding the Thread Count of your sheets is also a significant part of the purchasing process, as it is generally believed that a higher thread count means better sheets, which is not necessarily true. The Thread count of your sheets refers to the number of threads in one square inch of fabric and compasses how soft the sheets will feel against your skin. Typically, the higher the thread count, the softer the sheets. However, the difference isn't too drastic to invest in threads with extremely high thread counts, as other factors weigh in just as importantly with this. Some general knowledge of the major types of sheets and thread counts: Flannel sheets are known to have an 80 to 120 thread count, linens are known to have an 80 to 140 thread count, Microfiber sheets are known to hold a 140-180 range thread count, Cotton sheets are known to have a 200 to 400 thread count, percale woven sheets are known to have a 200 to 400 range thread count, Sateen sheets are known to have a 300 to 600 thread count, and silk is known to have 400+.

Taking into account the sizing of your sheets matters too- nobody wants to select and purchase a pair of sheets that don't fit just right for the bedding they are intended for, right? Maybe you are cautious that your sheets don't come loose and tangle around while you sleep, or maybe you are hoping that your sheets will fit exactly right on your bed. The 2 important things to consider when making this decision are the **size of your sheets** and the size/depth of your mattress. Some of the most common sheet sizes for mattresses include:

- **Twin Sheets** - 38'wx 75"L
- **Twin XL Sheets** - 38'wx 80"L

- **Full Sheets** - 54'wx 75"L
- **Queen Sheets** - 60'wx 80"L
- **King Sheets** - 76'wx 80"L
- **California King Sheets** - 72'wx 84"L

Considering the weave pattern of your sheets, which refers to the texture of the sheets, can also have an impact on the wrinkle-resistance aspect of your bedding, which will lead to easier care. The three main types of weave styles to consider when selecting the right sheets for you are:

- **Combed Cotton Weaves** which are the combed fabric cotton sheets that have been manufactured by running a fine-toothed brush over the threads before spinning the fabric, which removes shorter fibers and increasing the remaining fibers to a straighter edge, resulting in sheets that are stronger and softer to use.
- **Percal Weaves** which have tightly woven threads are simply woven with one thread crossed under while the other thread is crossed over; they are known for their durability and the crisp cool feel they provide.
- **Sateen Weaves** are woven with a unique spinning technique to create a special silky feel to the skin and can be made with different types of yarn.

Lastly, the final step to consider when buying your sheets is your room and bedding aesthetic preferences. Are you looking for a particular design to bring out a different look to the room? Do you envision sheets that will keep you cooler through the night because you sweat more often or do you prefer soften silky feelings to keep you warm at night? Choosing the right sheets, at the right price, to match the right aesthetic vision you have in mind can be challenging, but A1 American has made it simple and categorized for you. All you need to do is browse our inventory of sheets and other bedding suggestions to be paired with your sheets as a one stop shop to bring your ideas to life!